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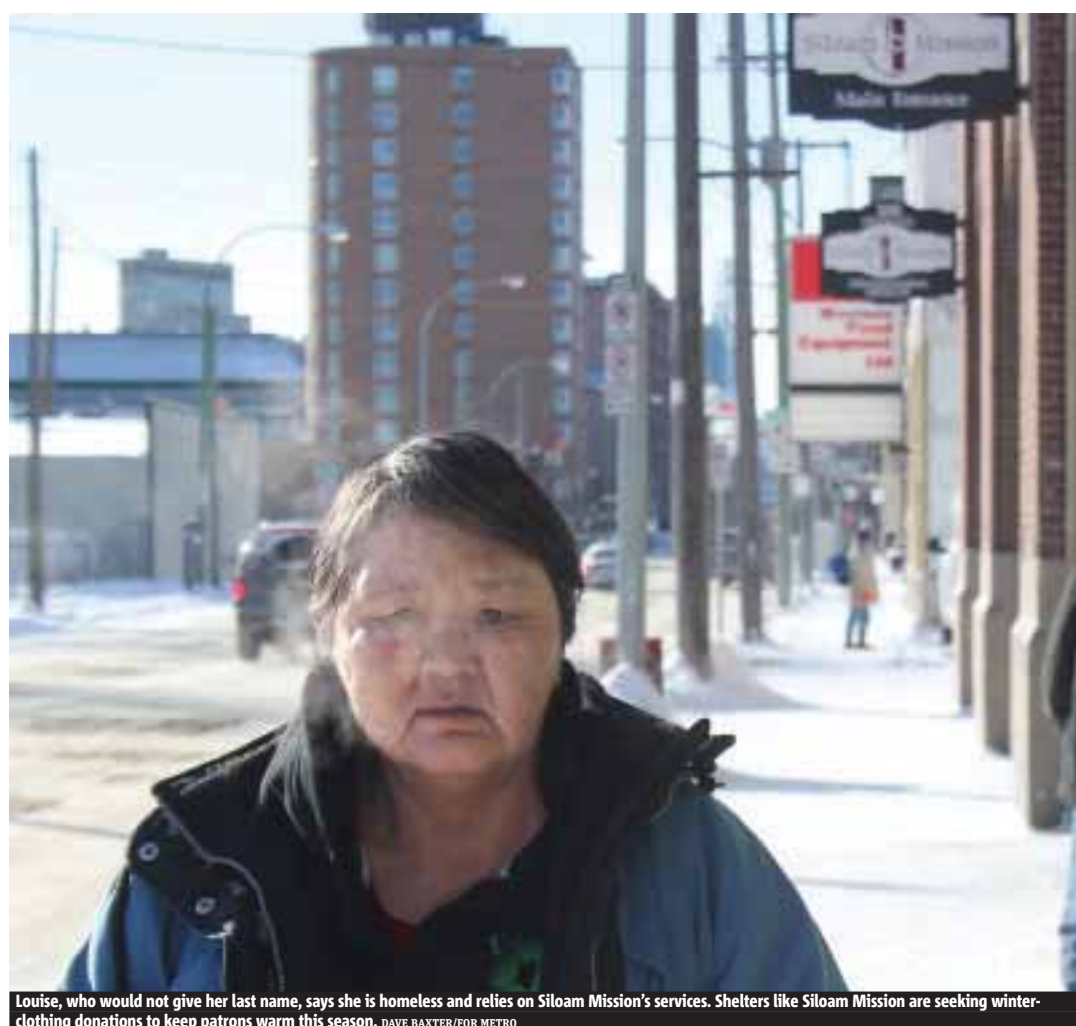
WINNIPEG

metro

Monday, January 21, 2013

News worth sharing.

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Louise, who would not give her last name, says she is homeless and relies on Siloam Mission's services. Shelters like Siloam Mission are seeking winter-clothing donations to keep patrons warm this season. DAVE BAXTER/FOR METRO

A deep freeze seeps in

Cold hands, warm needs. Shelters in desperate need of winter-clothing donations

DAVE BAXTER
winnipeg@metronews.ca

Extreme wind chills are expected in Winnipeg this week, and as temperatures cool, Siloam Mission says they desperately need warm donations.

Environment Canada meteorologist Dave Carlsen said wind chills early Sunday morning reached well into the -40 C range and are expected to remain in the -40 C range throughout Monday.

"At these temperatures, exposed skin is at a risk for frostbite in approximately 10 minutes and people should dress very warm and cover as much skin as possible," said Carlsen.

Siloam Mission spokes-

person Mike Duerksen said their drop-in centre has been "packed" lately, but also said what Siloam needs more desperately than anything is winter-clothing donations.

"We rely solely on donations for winter clothes and really need long underwear, men's boots, winter coats, mitts and tuques," said Duerksen. "If anyone sees old winter clothes lying around they don't use anymore, we will gladly take them off your hands."

Duerksen said if they do not get more winter-clothing donations this week, they won't be able to continue handing them out, adding they "may have to put a call out."

Environment Canada said the deep freeze will continue all week with temperatures staying in the mid -20 C range until Saturday, which is expected to reach -17 C, still four degrees colder than the normal high.

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WHO WINS WINTER? JOEL DOES



WHAT'S GOOD
Ace Burpee

So much good this week, so let's hit it:

When it was recently announced that IMAX would be shutting its doors, I had a discussion online about the all-time greatest IMAX film. Heartland came up countless times.

Released in 1987, Heartland captured the spirit of Manitoba, from a raging white-water kayak ride and a thundering chuck-wagon race, to swooping over a field of sunflowers, a solar eclipse, the exquisite grace of Evelyn Hart and apparently a stunning storm sequence on Lake Winnipeg.

I've never seen Heartland, which is a major fail, so I called and asked if it could be screened one last time. Done. Imax Portage Place presents Heartland, this Sunday at 7 p.m. \$10. Proceeds will support the Smaczlyo family, who experienced a house fire in Point Douglas on Jan. 3 and were left with nothing.

Near or at the top of many a bucket list is to travel the world. Winnipeggers Raina and Will Turk did just that, and we can watch it. Their honeymoon took them around the world. Oh, and they danced. Inspired by Dancing Matt of YouTube fame, and perhaps subconsciously by Uncle Traveling Matt from Fraggie Rock, you can live vicariously through the couple by punching Turkuleez into YouTube.

The other day I skated the entire River Trail in -25 C weather and thought I was hardcore. Turns out I'm soft compared to Joel, whom I ran into on the trail that day. Joel never misses a day on the River Trail. Never, ever. From opening day until it closes, -37 C with the wind, blowing snow, whatever, he's there. Joel wins winter. He's 67.

ACE BURPEE HOSTS THE ACE BURPEE SHOW IN THE MORNING ON 103.1 VIRGIN RADIO

Child porn. Mr. Jetz TV facing new charges

The Winnipeg man who dubbed himself Mr. Jetz TV is facing new child-pornography charges.

On Friday, Winnipeg police said Darrell Erwin Ackman, 43, was detained Tuesday and faces new child-pornography charges as a result of an investigation by the police's vice and Internet Child Exploitation units.

Police said electronic recording devices and laptops were seized after a search warrant was executed last July at a Tuxedo home. The ICE unit

conducted an extensive forensic search of the equipment and a variety of images involving child pornography came to light, said police.

Ackman faces two charges of making/printing/publishing child pornography, two charges of possession of child pornography and three charges of living on the avails of prostitution, in addition to his previous charges.

Police first charged Ackman in July 23 for allegedly pimping underage girls through an escort service. **METRO**

Blue Loonie. 'Peg Transit moving away from pennies, bills on Feb. 1

Commuters, let your pocket purge begin: Winnipeg Transit will no longer accept pennies and bills starting Feb. 1.

Thanks to a new fare-collection system, the old, manual fare boxes on all buses will be replaced with new electronic fare boxes that won't accept pennies or paper money, according to a City of Winnipeg press release.

Only Canadian or U.S. coins worth a nickel or higher will be accepted. Once the coins

are dropped through the slot, the payment information will appear on a display screen on top of the fare box.

As for bus tickets, they will continue to be accepted but must be inserted into a separate ticket slot. The new fare box will also print paper transfers.

Starting Feb. 1, a Blue Loonie will be worth one dollar off cash fare on all Regular and Hand-Transit service.

METRO

Mayor downplays 'debt ceiling' concern

We can handle it, Katz says.

Coun. Wyatt says infrastructure, water control driving debt up

Up \$500

According to Coun. John Orlikow's numbers, the average owner of a \$300,000 home is paying \$500 more in property taxes than in 2010.



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeg isn't taking on any more debt than it can handle, Mayor Sam Katz said in response to concerns raised by a councillor last week over the municipality getting close to its "debt ceiling."

"We're fine right now," said Katz last Thursday following an announcement of \$14 million towards a new street repair program. "We don't take on any more debt than what the CFO (chief financial officer) believes we can service."

Coun. John Orlikow (River Heights-Fort Garry) expressed concerns at last Wednesday's executive policy committee meeting that the city is getting close to its debt ceiling level.

"We've also heard at some

committee meetings where the land, the easily accessible or marketable land that we have in the city that's helped sustain us through one-time funding, is drying up," said Orlikow.

Coun. Russ Wyatt (Transcona) said the greatest debt challenge the city will have over the next five years is paying for the upgrades to the North End and South End pollution control centres, which are necessary to become compliant with provincial requirements.

"That's being funded through the increases to our water and sewer rates, and that debt is being financed through that, but nevertheless it's new debt," he said.

Wyatt said initially there was to be tri-level governmental support, but "that really hasn't materialized."



Mayor Sam Katz, at a road-repair press conference last week, said under his watch, the city is not going back to the days when it took on more debt than it could service. **BERNICE PONTANILLA/METRO**

Unknown substance

Man removed from HSC by cops

A man caused a major disturbance at Health Sciences Centre around 7 a.m. Friday morning, due to what police are calling incoherent and belligerent behavior.

The man was removed and taken to a secluded area by police and security guards who say he had an unknown substance in a container and broken glass, which they say "could have been used as a weapon."

DAVE BAXTER/METRO

Cash and smokes

Man arrested after string of robberies in Winnipeg

A 21-year-old man was arrested Friday in connection with seven robberies in Winnipeg committed between Dec. 24, 2012, and Jan. 12, 2013.

The robberies included a restaurant, gas stations and convenience stores.

Police said in each

case a man would enter the business, pull out a weapon and take off with cash and cigarettes.

There were no injuries during any of the robberies, but one employee was threatened.

An investigation by police led to the arrest of Dean Aaron Belanger.

He has been charged with robbery with a weapon, breach of probation, and uttering threats to cause death and bodily harm.

He is being held in Winnipeg Remand Centre.

DAVE BAXTER/METRO

'Very vicious attack'

Man beaten while sleeping at a house party

A man at a house party on College Avenue was severely beaten while sleeping Friday morning in what police are calling a "very vicious attack."

Police said a group of people who knew each other were at the party and sometime after the victim went to sleep he was seriously assaulted. Police still do not know

why the attack happened and said it appears there were no weapons involved.

The 25-year-old man was taken to the hospital around 10:15 a.m. Friday morning in critical condition and remains in critical but stable condition.

Police have said many of the people at the house were asleep during the assault, making it difficult to gather evidence.

No arrests have been made and police are investigating. Anyone with information is asked to call 204-986-6219, or Crime Stoppers at 786-TIPS. **DAVE BAXTER/METRO**

'Numerous' bodies found during search of gas plant

Algeria kidnapping. Recording of head kidnapper shows militants wanted to organize a prisoner swap with authorities

Algerian bomb squads scouring a gas plant where Islamist militants took dozens of foreign workers hostage found "numerous" new bodies on Sunday as they searched for explosive traps left behind by the attackers, a security official said, a day after a bloody raid ended the four-day siege of the remote desert refinery.

The official, who spoke on condition of anonymity because of the situation's sensitivity, said the bodies were badly disfigured and difficult to identify.

"The bodies could be either Algerian or foreign hostages," he said.

Algerian special forces

stormed the natural gas complex in the Sahara desert on Saturday to end the standoff, and the government said all 32 militants were killed. Earlier Sunday, Algeria's chief government spokesman said he feared the death toll of hostages — which stood at 23 on Saturday — would rise as the special forces teams finished their search.

American Frederick Buttaccio, a Texan, was among the dead. U.S. officials told The Associated Press Buttaccio's remains were recovered Friday.

They said the militants came from six countries and were armed to cause maximum destruction. Sonatrach, the Algerian state oil company running the Ain Amenas site along with BP and Norway's Statoil, said the entire refinery had been mined.

"They had decided to succeed in the operation as planned, to blow up the gas complex and kill all the hostages," said Communications Minister Mohamed Said,



In this undated photo, men look at the wreckage of a vehicle near Ain Amenas, Algeria. British Prime Minister David Cameron said Sunday that three Britons were killed and another three are believed dead, along with a foreigner who was living in Britain, after Islamist militants seized a gas plant in the remote region. ECHOROUR ELYAQUIMI/THE ASSOCIATED PRESS

speaking in a state radio interview.

The American government has warned that there are credible threats of more kidnapping attempts on Western-

ers in Algeria.

With few details emerging from the remote site of the gas plant in eastern Algeria, it was unclear whether anyone was rescued in the final oper-

ation, but the number of hostages reported killed Saturday — seven — was how many the militants had said that morning they still had.

THE ASSOCIATED PRESS

Blowback

Arab spring a catalyst for conflict?

The terrorist attack on an Algerian natural gas plant that left dozens of hostages and militants dead has demonstrated how a failing Algerian insurgency transformed itself into a regional threat, partly by exploiting the turmoil unleashed by the Arab Spring revolts.

Al-Qaida's branch in Algeria retreated into a Sahara no-man's land between Mali, Algeria and Mauritania after it was largely defeated by the Algerian army in a 10-year war in the 1990s that claimed 200,000 lives. There it grew rich on smuggling and hostage-taking, gained new recruits and re-emerged stronger than ever, armed with looted high-tech weapons from Libya's 2011 civil war.

The assault last Wednesday by a multinational band of Islamists shows how long-simmering ethnic tensions in Mali, a civil war in Algeria and a revolution in Libya have combined to create a conflict spanning both North and West Africa.

THE ASSOCIATED PRESS

Obama sworn in to 2nd term

A still-popular Barack Obama took the presidential oath of office for a second term on Sunday, facing a troubled future, but hoping to leave behind a battering four years at the helm of a government mired in ugly political division.

When Obama first took office as the 44th U.S. president, many Americans hoped the symbolism of the first black man in the White House was a turning point in the country's deeply troubled racial history. Obama vowed to moderate the partisan anger engulfing the country, but the nation is only more divided four years later.

Obama was sworn in during a brief ceremony with his family in the White House



U.S. President Barack Obama is officially sworn in by Chief Justice John Roberts in the Blue Room of the White House during the 57th presidential inauguration in Washington, Sunday. LARRY DOWNING/THE ASSOCIATED PRESS

Blue Room, meeting the legal requirement that presidents officially take office on Jan. 20. Because that date fell on a Sunday this year, the traditional ceremonies surround-

ing the start of a president's term were put off to Monday, which coincides this year with the celebration of civil-rights leader Martin Luther King Jr.'s birthday. THE ASSOCIATED PRESS

New Mexico shooting

Teen boy charged with murder of five people

A 15-year-old boy remained in custody Sunday night as detectives tried to piece together what led to the shooting of five people, including three young children, who were found dead in a New Mexico home.

The teenager was arrested on murder and other charges in connection with the

shootings, which happened Saturday night at the home in a rural area southwest of downtown Albuquerque, said Lt. Sid Covington, a sheriff's spokesman.

Detectives did not immediately release the victims' names, but word of the shootings travelled quickly through the law enforcement community and officials began offering their condolences for Greg Griego, a spiritual leader known for his work with firefighters and the 13 years he spent as a volunteer chaplain at the

county jail.

"Chaplin Griego was a dedicated professional that passionately served his fellow man and the firefighters of this community," fire Chief James Breen said in a statement. "His calming spirit and gentle nature will be greatly missed."

Jail Chief Ramon Rustin said Griego was instrumental in the creation of the Metropolitan Detention Center's chaplain program, and worked to get inmates integrated back into the community. THE ASSOCIATED PRESS

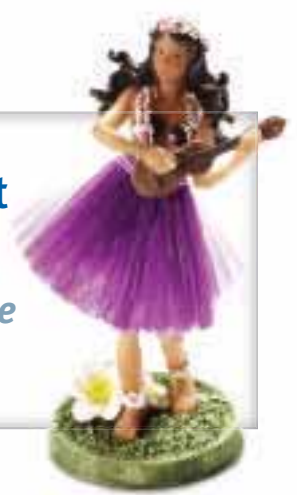


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Culturally sacred. B.C. woman wants law changed over masks' sale

The recent sale of two cedar masks considered culturally sacred to a Vancouver Island First Nations family has prompted a university instructor to ask the province to change the law governing cultural property.

Members of the Hamilton and Sayers families of Port Alberni say they plan to strip the family member who sold the "hinkeets" of her royal title and cultural responsibilities at an upcoming ceremony, shedding light on the internal disciplinary proceedings practised by First Nations for generations.

The masks were more than 100 years old, depicted male and female serpents and had been passed down along the maternal lines of the family for safekeeping. But they were auc-



A native dancer wears a cedar mask in a handout photo.

THE CANADIAN PRESS

tioned off in November to an unknown buyer for \$4,000 and \$22,500.

THE CANADIAN PRESS

Restrictions. Requests for Royal Prerogative of Mercy on the rise

New restrictions on the granting of criminal record suspensions, or pardons, are causing more former convicts to seek clemency under the rarely used Royal Prerogative of Mercy, according to the Parole Board of Canada.

In fact, the federal agency has posted an "Important Notice" on its website to discourage clemency applications, which it notes are "only granted in exceptional circumstances."

"If you are ineligible for a record suspension, or the board has refused to order a record suspension in your case, it is highly unlikely that

Quote

"The benefit of the program addresses instances of substantial injustice and instances of undue hardship."

According to the Parole Board's annual report

you will qualify under RPM," cautions the board.

There are 79 active clemency applications in the pipeline, according to Parole Board spokeswoman Caroline Douglas.

THE CANADIAN PRESS



Federal candidates, from left, Justin Trudeau, Martin Cauchon, Karen McCrimmon, Joyce Murray, Martha Hall Findlay, George Takach, Deborah Coyne, David Bertschi and Marc Garneau. PHYLICIA TORREVILLAS/METRO IN VANCOUVER

Liberal candidates keep debate civil

Federal race. Need to rebuild the party tempers infighting



The gloves remained on at the Liberal leadership debate on Sunday as the nine candidates took jabs at Prime Minister Stephen Harper — and, occasionally, the NDP — instead of each other.

With so many vying for the top spot, no candidate stood out as the favourite as

they politely debated electoral reform, aboriginal issues, housing and the environment in front of more than 900 supporters at a Vancouver hotel.

Perceived frontrunner MP Justin Trudeau even escaped direct attack, save for Vancouver MP Joyce Murray questioning how he planned to beat Harper without co-operation with the NDP.

Murray, the only West Coast candidate, was the sole contender to support running either a Liberal or a NDP candidate in ridings where they could split the vote such as Calgary Centre.

"Canada is too important to let Stephen Harper win the

election in 2015," she said.

Yet Karen McCrimmon, a retired Canadian Forces lieutenant colonel, said co-operation would be a "Band-Aid" solution when the Liberals need to earn back trust.

Idle No More questions prompted former MP Martha Hall Findlay and lawyer Deborah Coyne to say they would repeal the Indian Act, with former Quebecois MP Martin Cauchon and Canada's first astronaut, Marc Garneau, promising engagement and dialogue with First Nations.

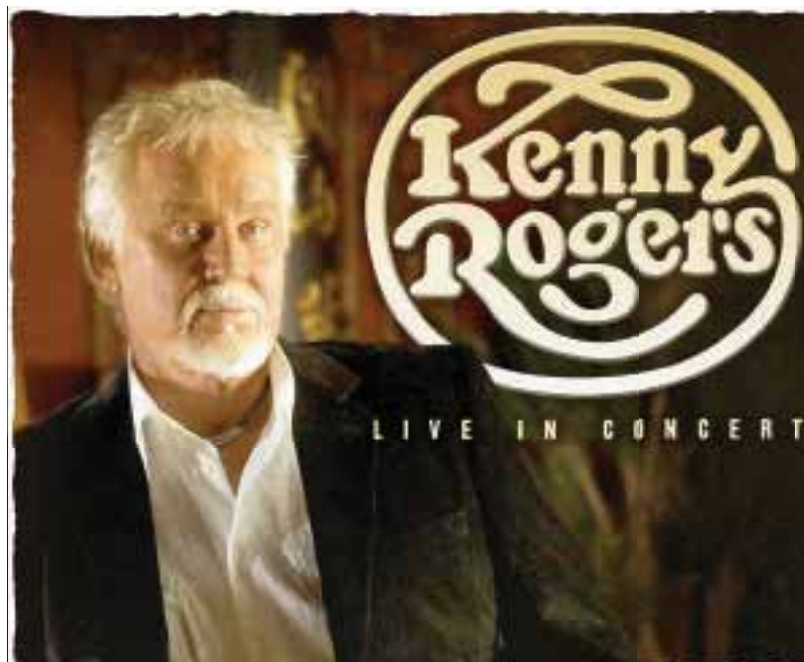
Ontario lawyer David Bertschi jokingly took Garneau to task for touting his time in space, noting he had

his "feet firmly planted on the ground" regarding the environment. Technology lawyer George Takach promoted innovative technology to help the environment.

Both Garneau and Hall Findlay defined themselves as frontrunners. A recent poll suggested Liberal support in B.C. would skyrocket to 32 per cent from 11 per cent were Trudeau to take the helm.

Trudeau spoke of the challenges the Liberal party faces and his plan to engage a "new generation" in politics.

Four more debates will be held before the party chooses a leader on April 14.



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Celebs flash some cheek for views on Keek

Social media. Canadian video microblogging service attracts bevy of Kardashians — not to mention JWoww's butt

By the numbers

15M

Keek says it has grown to have 15 million monthly unique users, totalling 75 million monthly visits. Four million user-generated videos are posted every month.

A Canadian social-media start-up company is hoping to become the Twitter of video.

With Toronto-based Keek, users can watch and send short video clips of up to 36 seconds and label them with descriptions of up to 111 characters.

"The original idea was to use video ... as a form of communications with your social network, kind of like a social microblogging video platform," says CEO Isaac Raichyk. "It's just long enough for somebody to tell a story but short enough for people who watch and digest a lot of videos."

The service has caught the attention of some high-profile celebrities including Kim Kardashian, her sisters Khloe and Kourtney, and her half-sisters Kendall and Kylie Jenner.

They all are among the most viewed and followed users on Keek, which means "a peek or glance", according to Oxford.

Other active users include rappers 2 Chainz and Soulja Boy, Jersey Shore star Jenni "JWoww" Farley and Pretty Little Liars stars Ashley Benson and Canadian Shay Mitchell.

JWoww racked up nearly 400,000 views each for two different videos responding to a recent bit of bad publicity. While co-hosting MTV's New Year's show, photographers snapped a few unflattering shots of her short dress riding up, which were quickly posted to gossip sites online.

She posted her response to Keek, in which she appears in her underwear and high heels.

THE CANADIAN PRESS



Quick! To the \$4.2-million Batmobile!

Just how valuable is the Caped Crusader's ride? The original Batmobile from the 1960s television series Batman, shown in Los Angeles in this October 2012 photo, sold at auction Saturday for \$4.2 million US to an undisclosed bidder. The car's owner, famed auto customizer George Barris, transformed a one-of-a-kind 1955 Lincoln Futura concept car into the sleek crime-fighting machine that was used in the series that starred Adam West. On the show, the 19-foot-long, bubble-topped car boasted lasers and a Batphone and could lay down smoke screens and oil slicks.

COURTESY BARRETT-JACKSON/GEORGE BARRIS/THE ASSOCIATED PRESS FILE

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EXPLORING CREATIVE OPTIONS FOR THE BRIDGE PLAZA



**URBAN
COMPASS**
Colin Fast
winnipeg@metronews.ca

I never thought placing a Salisbury House on the Esplanade Riel was a great idea. Nothing against the restaurant chain, which serves reasonable food

at a reasonable price, but the idea always seemed terribly uninspired.

After all, there was nothing "reasonable" about building a restaurant plaza in the middle of a bridge in the first place. It was a bold, expensive gambit to create a unique attraction for our city, and filling the space with another outlet of an ordinary restaurant chain didn't come close to achieving that goal.

And while a reasonable argument could be made that the plaza never should have been built, reality is that it exists now, and with the Salisbury House lease ending, the city has an opportunity to pursue more creative ideas.

So with that in mind, let's explore a couple of options:

Pop-up retail/restaurant. Winnipeg has been typically slow to adopt the worldwide trend of pop-up commercial spaces. However, a group of entrepreneurs will soon open a pop-up restaurant along the river trail, and if all goes well then that could spark new opportunities. Having a flexible space on the bridge available for short-term rent could help get more ideas off the ground, whether it's seasonal food concepts, art exhibits or even major retailers who want to test the Winnipeg market (like what Lululemon recently did with its pop-up retail store in Regina).

Urban cycling centre. Inspired by the Midtown Bike Center in Minneapolis (which has the exact same square footage), the bridge plaza could be converted into an all-purpose bike retail/rental/repair/storage outlet that could serve as a hub for community outreach activities for the city's cycling community. And as an added bonus, the lack of an adjacent parking lot isn't a concern for this group.

Ice cream/burger mecca. For decades, Winnipeggers have been lining up at the BDI and Sargent Sundae for a chance to buy ice cream and walk across a bridge. Combine that idea with some classic White Top/Mrs. Mike's/VJ's-style burgers, and you're guaranteed success ... for at least six months of the year.

Event centre. Given its unique location, it's easy to imagine the bridge as a French-Canadian-themed bar during Festival du Voyageur, a venue with a view for Folklorama, a spot for swanky cocktail parties during fireworks shows at The Forks, or even a cool site for wedding photos and small receptions.

French restaurant. The original idea when the bridge plaza was built a decade ago was for it to become a bistro or creperie that provides a culinary complement to the bridge's physical connection between downtown and St. Boniface. Maybe now the city would be willing to provide more of an economic incentive (free rent? no business taxes?) to make it happen.

Winnipeg Jets ... something. I don't even have an idea here, but put the logo of our most recognized team on our most recognized piece of architecture, and it's certain to draw a crowd at any time during the year.

Alzheimer's disease

Brain pacemakers being tested

It has the makings of a science fiction movie: Zap someone's brain with mild jolts of electricity to try to stave off the creeping memory loss of Alzheimer's disease.

And it's not easy. Holes are drilled into the patient's skull so tiny wires can be implanted into just the right spot.

A dramatic shift is beginning in the disappointing

struggle to find something to slow the damage of this epidemic: The first U.S. experiments with "brain pacemakers" for Alzheimer's are getting underway. Scientists are looking beyond drugs to implants in the hunt for much-needed new treatments.

The research is in its infancy. Only a few dozen people with early-stage Alzheimer's will be implanted in a handful of hospitals. No one knows if it might work or how long the effects might last. **THE ASSOCIATED PRESS**

Ice jump gets frosty reception



EFREM LUKATSKY/THE ASSOCIATED PRESS

Epiphany celebration

Baby, it's cold in the ice hole

A man jumps into an ice hole in the Dnipro River, as others wait for their turn, as part of the celebration of the Epiphany in the town of Vyshgorod outside the capital Kyiv, Ukraine, on Saturday.

Orthodox believers celebrate the holiday of the Epiphany on Jan. 19, and traditionally bathe in holes cut through thick ice on rivers and ponds to cleanse themselves with water deemed holy for the day.

THE ASSOCIATED PRESS

Orthodox Christians

There's method behind madness

The traditions also continued at Moscow's Red Square, at Tyarlevo village just outside St. Petersburg and in Minsk, Belarus.

The religious holiday Epiphany is celebrated by Orthodox Christians according to the Julian calendar on Jan. 19.

Epiphany Day celebrates the baptism of Jesus, which took place in the River Jordan, and is held in Russia, which uses the Julian calendar. Orthodox Christians in Lebanon, Egypt and Syria follow the same tradition based on the Julian calendar. Churches that follow the Gregorian calendar celebrate the feast on Jan. 6. **METRO**

Online

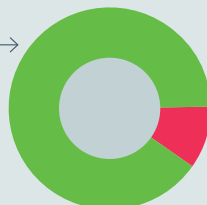
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and take the quick poll

Will you be trying out the gluten-free weight loss diet trend?

90%
NO, I DON'T
BUY THE
HYPE



10%
YES, BRING
ON THE RICE
PASTA

Twitter

@ShadoeDavis:

Isn't there some kind of by-law about snow clearing machines scraping the ground at 7:00am on a Sunday....Jeeeeeeeeeeeeeeeeez

@accordingtomio:

Still awake. Probably won't sleep until the sun comes up. Wait. Isn't that a Garth Brooks song?

@SwingAdamMusic:

Winnipeg weather is bunk sauce.

@MarkGavin4:

Jeff Reinbold was always the worst coach in the history of Winnipeg Blue Bomber football.

@jemlh:

My uncle called yesterday to gloat that it was 6 degrees in Hamilton and -26 in Winnipeg. Being a dick runs in the family!

@neistytweets:

Love how Selanne and Jagr are the leading scorers in the NHL after game one. #90sflashback #over40club Come back to Winnipeg Teemu!

Girl talk

Interview. Girls stars Allison Williams and Jemima Kirke dish on their characters' sartorial choices, their dorky style moments and finally dressing like adults

TINA CHADHA
Metro World News in New York

Allison Williams

On Marnie's style: "She leans toward conservative stuff and she makes me look adventurous — although I'm really not. I wish clothes would just fit her better. Any mistakes in fitting are 100 per cent on purpose, though. It's supposed to look like you bought a thing off the rack and it fits the way it fits."

Her personal style: "I like colour a lot. I'm interested in different cuts. I love the way (peplum) looks, but I've also worn more princessy things. Day-to-day, I'm a jeans, boots and oversized sweater girl."

Dorkiest fashion moment: "I went up to Jason Wu at the restaurant Perilla and I just introduced myself to him cold. I was like, 'I understand that it's probably intrusive and you're with your family, but I wanted to say that I think you're a genius.' He was so gracious."

Getting red carpet-ready: "It's really fun. It makes me

feel like a princess. I have to rein it in. I recently went into a fitting and there was a rack of clothes of my stuff and there was another rack of fluffy, big gowns and my stylist was like, 'No, Allison. No. You're not a debutante.'"

A whole new kind of access: "I've had the pleasure of cultivating relationships with some designers so I can say, 'Listen, do you have something that I can wear to this thing tonight?' Acting is my first love, but the fact that I get to wear cool clothes and get to know myself better through what I wear in real life, that's such a pleasure."

Her dad, Brian Williams, is her unofficial stylist: "He has a really good eye. He's an esthete and he sees people in the things that he sees in stores. He looks at them and thinks, 'That looks like Allison.'"



Jemima Kirke

Jessa's look is based on her own: "I think it's like a caricature of how I dress in real life or maybe even a way that I used to dress for a minute in my life. Or it might be the



Lena Dunham, Jemima Kirke and Allison Williams enjoy a Girls night. GETTY IMAGES

way Lena used to look at the way I dressed and how she pictured styling my outfit in her head the next day."

Her personal style: "Well, that's gone out the window since I've had children. I just put on clothes so that I'm not naked during the day. I used to change my outfit maybe once in the day. Now sometimes I have on the same outfit for two days."

Dressing like an adult: "As I start to feel more like an adult, I start to shop at more

brand names, which I never did. It was vintage or stuff I had forever or my mother's stuff. But now that I'm getting older, I can't get away with the T-shirt with the hole in it."

Where she shops: "Bird and Smith and Butler, in Brooklyn."

Jessa's bohemian wedding dress: "You know who made that dress? My mom. Don't get me wrong, she didn't sit there and sew it. She has a shop called

Geminola in the West Village. Half of it, she designs, and half of it is antique and vintage clothing."

What she's loving: "Chanel made these creeper shoes. They are like a spin on the punk creeper shoe. They're beautiful and awesome but I can't wear them. I'm just not style-conscious like that anymore. I just don't wear statementy things. I don't wear loud things. I just wear what looks nice. I'm not wearing mom jeans, though."

Actor Tim Kang has finally 'got it'

STEPHEN ERAMO
scene@metronews.ca

Actor Tim Kang chuckles when asked about his first professional experience in front of the camera. "It was awful. I played a med tech on a daytime soap and ran into the scene pushing a stretcher. I had one line, something like, 'I've got it,' and, man, oh, man, was I nervous. I had never been on a film set before and was about as green as you could be in the business. I made it through it,

though, and can now look back on it fondly, and, in retrospect, laugh about it."

Fortunately, those initial jitters did not get the best of Kang. He went on to appear in a number of stage, feature film and TV roles, including his current series regular gig as Special Agent Kimball Cho in the police procedural drama *The Mentalist*. Like many TV characters, this one went through some changes prior to the show going into production.

"In the pilot script, Bruno Heller (series creator/execu-

tive producer) had really fleshed out the characters to the point where you could sink your teeth into your role and go with it," explains Kang.

"However, he also left a considerable amount to us to kind of craft our own characters and not be totally beholden to his 'creation.'"

"Initially, my character's name was Kendall instead of Kimball. He was a family man with kids and a bookworm, but we decided to nix the family thing and make him more of a loner.



Tim Kang is Kimball Cho in *The Mentalist*. HANDOUT

2 SCENE



Michael J. Fox. ALL PHOTOS GETTY IMAGES

Michael J. Fox patches things up with Swift

Michael J. Fox doesn't want Taylor Swift anywhere near his 23-year-old son, Sam, he told Vulture, responding to a joke by Tina Fey about the serial-dating Swift going after Sam during the Golden Globes last week.

"I don't keep up with it all," Fox said. "But Taylor Swift writes songs about everybody she goes out with, right? What a way to build a career."

He admits he wouldn't be able to identify Swift if

she did end up at a family dinner on his son's arm, but that the inevitable break up song would tip him off.

"Sam, You Piece of Sh—," Oh, that was the girl you brought home," he jokes.

But Swift has apparently been able to patch things up with the Fox clan rather quickly. "Hey everybody, Michael J. Fox got in touch with me today and we are good. Thank you for having my back," she tweeted.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



J.J. Abrams and Armstrong make the perfect pair?



THE WORD
Dorothy Robinson
scene@metronews.ca

Lance Armstrong and Hollywood have always been pretty tight.

He and the puppy-eyed Jake Gyllenhaal would go bike riding together; he's been buds (and Austin neighbours) with Matthew McConaughey for years, and the guy was even engaged to Sheryl Crow.

But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After his bombshell interview with Oprah, stars took to Twitter to express their disdain.

Carson Daly tweeted, "He is a cheater and liar. I'm embarrassed that I was such a fan for so long."

Meanwhile, Seth Meyers joked, "Say what you will, he's still the Lance Armstrong of d-ckheads."

Perhaps Piers Morgan was just bitter that Oprah got the interview over him when he wrote, "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in L.A. that is hot to trot for Armstrong's story — J.J. Abrams.

The Star Trek director and Lost co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter.

Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book Cycle of Lies: The Fall of Lance Armstrong, which is set to be released in June.

Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point.

Those plans were scrapped after Armstrong was stripped of his Tour de France titles in August of 2012.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.



Daniel Radcliffe

Radcliffe has relationship outed

Daniel Radcliffe is reportedly dating his Kill Your Darlings co-star Erin Darke, something the British actor was hoping to keep under wraps. But he wasn't doing that great a job of that this weekend at the Sundance Film Festival, where Radcliffe was spotted getting

cosy and even sharing a kiss with Darke, according to People magazine.

One source close to the film identified Darke as Radcliffe's girlfriend, while another told the magazine, "They've been dating for a while but have been debating going public."



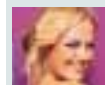
Britney Spears

Britney out of the loop on her break up

Reports that Britney Spears' split from ex-fiancee Jason Trawick was "mutual" have apparently been greatly exaggerated, as sources tell Us Weekly that the singer was completely blindsided by the news.

"He had been planning to break up with her for months," one source tells the magazine, while another adds, "Everyone knew Jason was leaving her but Britney. She's in la-la land."

Twitter



@MalinAkerman

At a restaurant. Witnessed a crazy car chase. Parked cars got hit and nearly hit people on the sidewalk!! Thank god no one was hurt!



@KChenoweth

When does the gurgling, nasuea end.



@EmWatson

Rooney Mara seems so cool. #vogue



@SethMacFarlane

If mom & dad paid to put you through journalism school and you're typing the phrase "new couple alert," you should just walk into the ocean.

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Winter fun

Make the most of snow days this year

Snow days and longer evenings don't have to mean hibernating in front of the television all winter. The colder months are a perfect time to spend quality time together as a family.

Try some of these activities to keep your kids active and

entertained:

Get your game on

Encourage kids to burn off energy by playing video games that promote exercise. Choose games that engage your whole body like Just Dance or Sports Champions for PlayStation. Or, if you have enough room, set up an indoor hopscotch court or play a traditional game of hide and seek.

Fun with forts

Going to the playground isn't

an option during the winter, but building a fort is definitely the next best thing. Help kids use blankets and couch cushions to build a castle, a cave or whatever they can imagine. As a bonus activity, have them draw pictures of how they imagine the fort, complete with creatures who would live there.

Blast boredom with books

Cuddling up with your kids to read books is a great way to

spend quality time together. Don't limit it to story books. Consider searching for words together in a word search book, or search for Waldo in a picture book. Or for something completely different, check out Wonderbook: Book of Spells for PlayStation. This book uses augmented reality to transport your family to a virtual classroom to learn spells from the world of Harry Potter. **NEWS CANADA**

Exclusively online

- Mommy finds it a little unsettling that you're already more tech savvy than her, although she does appreciate that you've helped her discover 90 per cent of her iPhone's functionality. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Parenting resolutions for 2013

Family. A few tips to keep in mind this year from the author of *The Mom Book*

DOROTHY ROBINSON

Metro World News in New York City

Motherhood is one of the hardest jobs around, and you can't even list it on your resumé. Here are some tips from Stacy DeBroff, author of *The Mom Book* and founder and CEO of Mom Central, Inc., a company devoted to providing pragmatic advice to strengthen and simplify the lives of busy families.

Make time to replenish your energy

Between post-holiday exhaustion, the winter blues and the normal frenetic pace of parenting, moms often find their energy depleted at the start of a new year.

Make 2013 the year you carve out time to take care of yourself, whether you kick-start your long-dormant book club, sign up for an exercise class or explore your inner creativity with a new artistic endeavor

like photography or ceramics.

Most importantly, resolve to keep these efforts up as the year progresses.

Help kids understand that electronics aren't a constitutional right

With kids spending hours each day online and texting at every opportunity, they live much of their lives in digital rec rooms.

This year, remember that even digital natives need limits, so set sound guidelines with them. Establish timing parameters on when they can and can't go online, keep computers only in public spaces like the kitchen or family room and make sure kids share social media passwords with mom and dad.

Stay true to yourself

While moms typically develop their own parenting beliefs and style over the years, it remains a challenge to stay true to these principles when you discover that other parents have a very different approach. Even if you learn — or your kids tell you — that other moms buy laptops for kids once they start fifth grade or let them stay home alone, stand firm and parent according to what you believe.



Stay true to your parenting principles, even if you discover other parents have a different approach, says Stacy DeBroff, author of *The Mom Book*.

ISTOCK IMAGES

For the dads

The Honourable Gregory W. Slayton, parent expert, former U.S. ambassador and author of *Be A Better Dad Today: Ten Tools Every Father Needs*, shares some tips about parenting:

Commit to dinner at least twice a week: It's not difficult and statistically it's proven to be very important. Even if you're a divorced or single dad, you need to make sure you sit down and really have dinner with your children. Don't look at your phone, don't read the paper. Talk. And do it twice a week.

Do something fun with your family at least once a week: In addition to dinner, be sure to do something else. Go to a park, go fishing, go to a museum or go on a bike ride. Doing fun things with your kids is important and contributes to their well-being and sense of self-esteem.

Learn more about fatherhood: Fatherhood is one of the least understood roles that we have as men today. There are thousands of books out there about being a better businessman and self-help books by the gazillion. But when it comes to fatherhood, there are very few books out there. That's why I wrote mine, I didn't have a father when I was growing up and didn't have any guidance. Commit to learning more about fatherhood and improving your growth as a parent.

3 TIPS



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Cut the fat with garlicky, spicy Potato Wedge Fries



This recipe serves 6. MARK SHAPIRO/ROSE REISMAN'S COMPLETE LIGHT KITCHEN



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These are the best and healthiest french fries you'll ever eat — forget deep-fried fast-food fries that can contain more than 20 grams of fat for a small serving.

Experiment and use any seasonings you like. You can cut the potatoes early in the day, as long as you keep them in cold water so they won't brown.

One serving of these fries (four wedges) is only 156 calories with 5.3 grams of fat.

1. Preheat the oven to 375 F. Spray rimmed baking sheet with cooking oil.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet.

3. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder in another small bowl.

Ingredients

- 3 large baking potatoes, scrubbed
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 tbsp chopped fresh parsley

der in another small bowl. Brush the potato wedges with half the oil mixture, then sprinkle with half the cheese mixture.

4. Bake for 20 minutes. Turn the wedges; brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

5. Bake for another 20 minutes, or just until potatoes are tender and crisp. Sprinkle parsley on top.

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Starbucks doesn't just have a wide range of delicious drinks. It also offers sweet treats, but some are better than others.

Starbucks Banana Loaf

430 calories, 17 g fat

Banana loaf sounds nutritious, but this is similar to a high-calorie and high-fat muffin. The oil, sugar and eggs are the guilty ingredients.



Equivalent

A slice of Starbucks banana loaf is equivalent to 19 Hershey kisses in calories.



Starbucks Marshmallow Dream Bar

210 calories, 4 g fat

This may not be nutritious, but in terms of calories and fat it's a much better choice.



Raclette is the new fondue — perfect for casual parties

Ingredients

- 2 lbs new or fingerling potatoes
- Kosher salt
- 1/2 cup rice or sherry vinegar
- 2 tbsp sugar
- 1 tsp kosher salt
- 1/2 tsp smoked paprika
- 1/2 tsp ground black pepper
- 2 tbsp chopped fresh thyme
- 1 cup frozen peeled pearl onions, thawed
- 3 red bell peppers, sliced
- 1 lb green beans, trimmed
- 12 oz button mushrooms
- 4 oz prosciutto
- 4 oz dry salami, sliced
- 1 lb cooked, peeled shrimp
- 1/2 cup marinated artichokes
- 1/2 cup gherkins or cornichons
- 2 lbs raclette cheese, sliced



This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

1. Heat the oven to 200 F.

2. Fill a large pot with potatoes and enough salted water to cover them by 1 inch. Bring to a boil over medium-high heat and cook for 15 minutes or until tender. Drain, then return to the pot, cover and place in the oven to keep warm.

3. While the potatoes are cooking, start the vegetables. In a medium saucepan over medium-high heat, bring vinegar, sugar, salt, paprika and black pepper to a boil, stirring to dissolve sugar and salt. In a large bowl, combine

thyme, onions, red peppers, green beans and mushrooms. Pour the hot vinegar mixture over the vegetables, then set aside, stirring occasionally, for 20 minutes.

4. To serve, follow the product directions for heating and using your raclette grill. Arrange potatoes and accompaniments in bowls. Guests can heat their vegetables on the top of the grill and melt their cheese using the grill's broiler. Top potatoes with the vegetables and melted cheese.

THE ASSOCIATED PRESS

BREAKFAST • LUNCH • CATERING

What's on the menu?

"You have to try it. Anne Aka Carla will make you feel right at home. You may think you are at cheers."

-Urbanspoon review

"Great deli highly recommended for lunch or breakfast."

-Urbanspoon review

NATHAN DETROIT'S
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The In-Credibility Factor

Name: Graham Hawryluk
City: Headingley, Man.
Age: 25
Occupation: President and founder of Meticulous Wood Flooring Inc.



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

For Graham Hawryluk, a summer job with a flooring company at age 15 grew from a challenge into a passion.

Not even a 50-pound steel bar and bleeding, blistered hands would stop him. Starting his own company right out of high school, he thought he could keep it running while he was going to university, but when his business began to take off, he decided to postpone his degree and concentrate on his company.

Five years later, Graham has eight employees and has carved out a niche market, catering to customers who want high-end flooring.

His company is also eco-friendly — running energy

efficient trucks and using water based low VOC coatings for their floors.

I knew I was on my way when ...

I knew I was on my way when a Winnipeg newspaper did a huge section that was dedicated to entrepreneurs and their businesses weathering the storm during an economic recession. Receiving recognition was a big deal for me because sometimes you feel like you're spinning your wheels where you're just getting by and making ends meet.

The article made me realize that I wasn't just surviving, I was thriving. I have eight employees and business is great.

Don't rush the reward

"My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with."

Graham Hawryluk

My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with.

Action Plan:

Have an accountant and a lawyer on speed dial

There are a lot of questions when running a business and when you have professionals at your disposal it makes life a lot easier. It's also important to surround yourself with good, honest, like-minded people and forge as many genuine relationships as possible

Grow your business slowly

As a young entrepreneur, I had stars in my eyes about fame and fortune. Grow slowly and never bite off more than you can chew.

Be real, be realistic

Be prepared that your business will be your life. Someone who has a nine-to-five job can turn it off and go home, but as a business owner there is no off-switch so you should genuinely enjoy what you do.



Graham Hawryluk's company operates the only Green Guard certified dustless refinishing system in Manitoba.
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- University or College Degree in Marketing or Advertising
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- A passion for creativity and innovation
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QUIT AND WIN WITH MANITOBA QUILTS

Need just one more reason to quit smoking? Try 1,000 more — that's how many dollars are up for grabs to five lucky winners that kick the habit.

Marilyn Goertzen claimed that \$1,000 prize in the 2012 Quit and Win contest, held by The Manitoba Lung Association, and yet the cash prize seems like only a small cherry on top of her major accomplishment. By quitting, she saves hundreds of dollars every single month, earns the admiration of family and friends, betters her health in almost every regard

... and beats a lifelong habit.

"I was tired of being broke all the time and burning my money," she says of the 40 years she spent smoking, starting casually when she was just 13 years old, but turning into a heavy smoker in her 20s.

Eventually, Goertzen was spending \$500 to \$600 monthly on cigarettes. "Everybody smoked," she says, "but I was the worst."

This year's contest launches at the end of March, with registration open in April and a quit date of May 1 (although you

can still enter if you have quit within the past 10 months.) For contest details, see manitobaquits.ca.

"People that didn't win the cash prize (last year) were still happy, calling it a great experience," says Tracy Fehr, tobacco reduction initiative co-ordinator for The Manitoba Lung Association. "They still feel like a winner."

Goertzen says her "whole family" is proud of her. Her daughter, Wendy Swanton, was her "quit buddy," a supportive role that earns its own prize of \$200.

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LIVE, WORK, AND PLAY ... SMOKE-FREE

Smoke-free places help protect people from second-hand smoke, prevent smoking uptake and help support individuals trying to quit smoking and stay smoke-free.

In Canada, the wave that brought smoke-free workplaces at the start of millennium changed the way we view smoking and highlighted the impact our everyday environment has on our health. Now, indoor and outdoor environments are recognized for their impact on health: Many places are implementing smoke-free parks and beaches and families are making their homes smoke-free ... with strong support from family members who smoke.

Tobacco addiction is powerful. For the average Canadian who smokes, taking a drag off their cigarette will be their most common behaviour on any given day (other than blinking). This is why it's so important to provide support when creating smoke-free spaces — otherwise, those who smoke will just experience frustration and disappointment.

Establishing smoke-free places, whether as a family, a community, an organization or through government legislation and policy,



COMSTOCK IMAGES/THINKSTOCK

creates one component of a comprehensive tobacco control strategy that sets the stage for a healthier Canada.

It is well-established that the deadliest health consequences from smoking occur years after a person starts smoking. But even those who started smoking recently are more prone to respiratory problems and infections, and require more sick days. For those considering surgery, smoking also complicates the healing process.

There are hundreds of organizations, health units, health authorities and individuals who use National Non-Smoking Week as an opportunity to support those who are trying to break their addiction to tobacco products and live a smoke-free life.

Quitting takes practice, so practice often. It's worth it when you are able to live, work and play smoke-free.

— Bob Walsh, executive director,
Canadian Council for Tobacco Control

Manitoba Quits

2013 Quit & Win registration opens March 25

THE  LUNG ASSOCIATION™
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 /ManitobaQuits

Figure skating

Virtue and Moir golden again

Tessa Virtue and Scott Moir captured their fifth national ice dance title at the Canadian figure skating championships on Sunday.

The two-time world champions and Olympic gold medallists scored 187.23 overall, and their dramatic and sultry "Carmen" free dance brought the capacity crowd of nearly 4,500 fans at the Hershey Centre to its feet.

THE CANADIAN PRESS



Tessa Virtue and Scott Moir celebrate their gold medals on Sunday. THE CANADIAN PRESS

Tennis

Former No. 1 Wozniacki ousted

Two-time major winner Svetlana Kuznetsova has defeated former No. 1 Caroline Wozniacki 6-2, 2-6, 7-5 to advance to the quarterfinals of the Australian Open.

Kuznetsova, winner of the 2004 U.S. Open and 2009 French Open, broke her Danish opponent in the 11th game of the third set and finished the match with a backhand winner down the line.

Wozniacki lost her No. 1 ranking to Victoria Azarenka last year after falling in the quarterfinals at Melbourne Park to Kim Clijsters.

THE ASSOCIATED PRESS



Linebacker Patrick Willis, centre, celebrates after the San Francisco 49ers defeated the Atlanta Falcons 28-24 Sunday in Atlanta. CHRIS GRAYTHEN/GETTY IMAGES

49ers, Ravens win to set up family affair

Super Bowl matchup. Harbaugh brothers — coaches of San Francisco and Baltimore — both winners on Sunday

The clutch quarterback. The genius coach. The big-play defence.

The San Francisco 49ers are ready to start a new dynasty with a familiar formula.

Next stop, the Big Easy. Colin Kaepernick and Frank Gore led San Francisco to a record comeback in the NFC championship game Sunday, overcoming an early 17-0 deficit to beat the Atlanta Falcons 28-24

and send the 49ers to their first Super Bowl since 1995.

Gore scored a pair of touchdowns, including the winner with 8:23 remaining for San Francisco's first lead of the day, and the 49ers defence made it stand up. A fourth-down stop at the 10-yard line denied Atlanta another stirring comeback after blowing a big lead.

"Everybody does a little," 49ers coach Jim Harbaugh said, "and it adds up to be a lot."

San Francisco (13-4-1) moves on to face Baltimore at New Orleans in two weeks, looking to join Pittsburgh as the only franchises with six Super Bowl titles. It sets up the first Super Bowl coached by brothers, since Baltimore is coached by John Harbaugh.

Joe Montana led the 49ers to

AFC championship

Joe Flacco outduelled Tom Brady, throwing three touchdown passes in the second half and leading the Baltimore Ravens to their first Super Bowl in 12 years with a 28-13 victory over the New England Patriots on Sunday in Foxborough, Mass., for the AFC championship.

four Super Bowl wins and Steve Young took them to No. 5. It's up to Kaepernick and Co. to get No. 6.

"He just competes like a maniac all the time," said Harbaugh, whose much-debated decision to bench Alex Smith at midseason now looks like the

best move of the year.

Gore scored a pair of touchdowns, including the game winner with 8:23 remaining for San Francisco's first lead of the day. Davis scored the first TD for the 49ers on a 15-yard run.

"I take my hat off to Atlanta. They played hard. They've got a great team," Gore said. "But we fought, man. We fought and we deserved it."

The 49ers pulled off the biggest comeback victory in an NFC championship game, according to STATS. The previous NFC record was 13 points — Atlanta's victory over Minnesota in the 1999 title game, which sent the Falcons to what remains the only Super Bowl trip in franchise history.

THE ASSOCIATED PRESS

Penguins' barrage chases Lundqvist



Penguins captain Sidney Crosby tangles with Rangers centre Derek Stepan on Sunday night at Madison Square Garden. BRUCE BENNETT/GETTY IMAGES

James Neal scored twice, Evgeni Malkin assisted on three Pittsburgh goals, and the Penguins chased reigning Vezina Trophy winner Henrik Lundqvist from the net in the second period of a 6-3 victory over the Rangers in New York's home opener on Sunday night.

Neal, Tyler Kennedy and Matt Niskanen all scored in the first period, and Malkin set up Pascal Dupuis in the second to push Pittsburgh's lead to 4-1 and drive Lundqvist to the bench. The Penguins, building off a 3-1 win at Philadelphia on Saturday, are 2-0 in the lockout-shortened season and haven't even played a home game.

Sunday's game

6

Penguins

3

Rangers

Veteran backup Tomas Vokoun started for Pittsburgh over Marc-Andre Fleury and was solid in making 31 saves.

On the flip side, the Rangers — who won the Atlantic Division last season and had the top seed in the Eastern Conference playoffs — are 0-2 despite

the addition of star forward Rick Nash, who netted his first goal with New York.

Fans decked out in free blue T-shirts handed out to welcome them back after the lockout had little else to celebrate.

The only consolation for them in this one was Lundqvist got half a game to rest after stopping just 14 of 18 shots.

The energy generated inside Madison Square Garden just two seconds into the game when Arron Asham — in his first shift with the Rangers — dropped his gloves with Turner Glass right after the opening faceoff was gone nearly as quickly. THE ASSOCIATED PRESS



Lakers point guard Steve Nash looks to pass inbounders against the Raptors on Sunday at Air Canada Centre. Nash's first season in Los Angeles has fallen way short of expectations, with the Lakers sitting outside the playoffs at 17-23 after Sunday's 108-103 loss. RENE JOHNSTON/TORSTAR NEWS SERVICE

Nash sees big picture amid L.A. struggles

NBA. Canadian star finding his game after disappointing start to season with Lakers

Steve Nash took a pass at the high post, streaked past a couple of Toronto defenders and opened the scoring for the Los Angeles Lakers on Sunday with an easy layup.

It was the kind of play Toronto fans hoped Nash would one day make in a Raptors uniform. Instead, his lone appearance at Air Canada Centre this season came in Lakers purple and gold.

Nash considered a move north last summer, but eventually agreed to a sign-and-trade deal with the Lakers, deciding to play for a team that appeared primed for a run at a title. Los Angeles is also a short flight from Phoenix — where his three children live — and that helped seal the deal. Hollywood's gain was Toronto's loss.

"It was definitely a huge option for me, especially if

Sunday's game	
108	103
Raptors	Lakers

Quoted

"I think that's one of the things that I maybe didn't expect is that this would be the most challenging year of my career in many ways."

Lakers guard Steve Nash

the Lakers situation didn't happen," Nash said on Sunday. "But the Lakers situation, basketball-wise, I think it was a good option.... To be close to my kids and to be able to see them as much as I have this year has been priceless."

Canada's best-known basketball export returning to his home country would have been a huge catch for Toronto.

"It was difficult for me to say no to the Raptors, not just for the fans but all those people upstairs that I've known for many years," he said.

At 38, Nash is getting on in years, but he's in tremendous shape and is showing no signs of slowing down. He missed 24 games this season due to a fracture in his left leg, but has been effective since his return.

Nash scored 16 points and added nine assists on Sunday, but the Lakers' recent struggles continued with a 108-103 loss to Toronto.

Los Angeles fell to 17-23 on the season. They've had three head coaches this season. The roster is loaded with superstars such as Nash, Kobe Bryant, Pau Gasol and Dwight Howard, but that hasn't led to victories.

"I'm always up for a challenge. I think it keeps you engaged and it keeps you extremely motivated," Nash said. "Just fighting every day to try to turn this thing around."

THE CANADIAN PRESS

Dino delivers

Calderon steals show from Lakers in Toronto

After letting two games slip away in overtime, Jose Calderon and the Toronto Raptors closed one out on Sunday.

Calderon had 22 points and nine assists to lead Toronto to a 108-103 win over the Los Angeles Lakers. The victory snapped a four-game losing streak for the Raptors.

"It was good," Calderon said. "We led a couple of games with big leads and it was just us."

"It's just some mental mistakes and things we do, but we have to keep competing. We can compete against everybody in this league, but we have to do it for 48 (minutes)."

Calderon was 9-for-15 from the field and 1-for-4 from three-point range, often with Lakers star Kobe Bryant in his face.

"He (Bryant) is a great all-around player. He can play really good defence," Calderon said.

THE CANADIAN PRESS

Ottawa camp last look ahead of women's worlds

The national women's hockey team camp starting on Monday in Ottawa is head coach Dan Church's last look at players before he names his world championship team.

Ottawa is the host city of the 2013 women's world championship from April 2 to 9 at SBP Arena and the Nepean Sportsplex. The Canadian women will attempt to defend the gold medal they won in 2012 in Burlington, Vt.

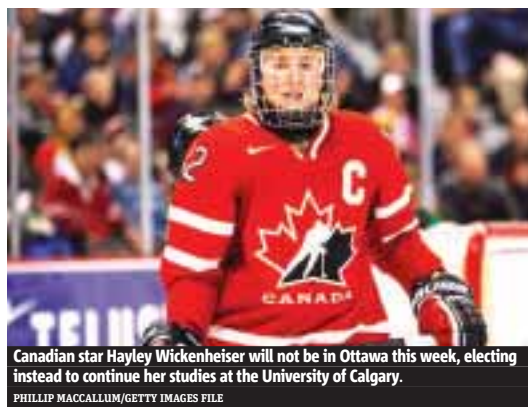
Church says he will name the players he wants to try out for the 2014 Olympic team shortly after the world championship.

Three goaltenders, seven defenders and 13 forwards will hit the ice on Monday for a five-day camp at Carleton University.

Captain Hayley Wickenheiser will not be among them because of school commitments at the University of Calgary.

"For Wick, it was school," Church said. "She's closing in on the end of her academic undergrad degree. We talked about it. She wanted to come. I said, 'If it's too much stress and pressure, why don't you stay?' She's in a good club environment there in Calgary."

Wickenheiser plays for the University of Calgary Dinosaurs and gets regular practices and games, the coach pointed



Canadian star Hayley Wickenheiser will not be in Ottawa this week, electing instead to continue her studies at the University of Calgary.

PHILLIP MACCALLUM/GETTY IMAGES FILE

Quoted

"It's definitely an opportunity to polish up some of our tactical play five-on-five and specialty teams."

Canadian women's coach Dan Church on his goals going into this week's camp in Ottawa

out. All but one of the players invited to the Ottawa camp play in the Canadian Women's Hockey League.

The practice and game schedules of the CWHL players are more erratic than those of the players in school, which is why so many CWHL play-

ers have been summoned to Ottawa, Church says. He also didn't want to pull his college and university players out of school and interrupt their studies at this time.

"We want to continue with our skill development, work on the fine skills and the technical aspects of the game," he said. "That's definitely a goal for this camp."

"Whenever they come together in a camp, we're always looking at evaluation and this will be our last opportunity to see people together before we name the worlds team in March."

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NBA					NHL												
EASTERN CONFERENCE					EASTERN CONFERENCE												
	W	L	Pct	GB	ATLANTIC DIVISION												
Miami	26	12	.684	—	Pittsburgh	2	2	0	0	9	4	4					
New York	25	13	.658	1	New Jersey	1	1	0	0	2	1	2					
Indiana	25	16	.610	2 1/2	NY Islanders	1	0	1	0	1	2	0					
Brooklyn	24	16	.600	3	NY Rangers	2	0	2	0	4	9	0					
Chicago	23	16	.590	3 1/2	Philadelphia	2	0	2	0	3	8	0					
Atlanta	22	18	.550	5	NORTHEAST DIVISION												
Milwaukee	21	18	.538	5 1/2		GP	W	L	OL	GF	GA	Pt					
Boston	20	20	.500	7	Ottawa	1	1	0	0	4	1	2					
Philadelphia	17	23	.425	10	Buffalo	1	1	0	0	5	2	2					
Detroit	15	25	.375	12	Boston	1	1	0	0	3	1	2					
Toronto	15	26	.366	12 1/2	Toronto	1	1	0	0	2	1	2					
Orlando	14	26	.350	13	Montreal	1	0	1	0	1	2	0					
Charlotte	10	30	.250	17	SOUTHEAST DIVISION												
Cleveland	10	32	.238	18		GP	W	L	OL	GF	GA	Pt					
Washington	8	30	.211	18	Florida	1	1	0	0	5	1	2					
WESTERN CONFERENCE					Tampa Bay	1	1	0	0	6	3	2					
	W	L	Pct	GB	Washington	1	0	1	0	3	6	0					
Oklahoma City	32	8	.800	—	Winnipeg	1	0	1	0	1	4	0					
L.A. Clippers	32	9	.780	1/2	Carolina	1	0	1	0	1	5	0					
San Antonio	32	11	.744	1 1/2	WESTERN CONFERENCE												
Memphis	26	13	.667	5 1/2	CENTRAL DIVISION												
Golden State	24	15	.615	7 1/2		GP	W	L	OL	GF	GA	Pt					
Denver	24	18	.571	9	St. Louis	1	1	0	0	6	0	2					
Utah	22	19	.537	10 1/2	Chicago	1	1	0	0	5	2	2					
Portland	20	20	.500	12	Columbus	1	1	0	0	3	2	2					
Houston	21	21	.500	12	Nashville	1	0	0	1	2	3	1					
Minnesota	17	20	.459	13 1/2	Detroit	1	0	1	0	0	6	0					
Dallas	18	24	.429	15	NORTHWEST DIVISION												
L.A. Lakers	17	23	.425	15		GP	W	L	OL	GF	GA	Pt					
Sacramento	16	25	.390	16 1/2	Minnesota	1	1	0	0	4	2	2					
New Orleans	13	27	.325	19	Edmonton	0	0	0	0	0	0	0					
Phoenix	13	28	.317	19 1/2	Colorado	1	0	1	0	2	4	0					
Sunday's results					Calgary	1	0	1	0	1	4	0					
Toronto 108 L.A. Lakers 103					Vancouver	1	0	1	0	3	7	0					
Dallas 111 Orlando 105					PACIFIC DIVISION												
Detroit 103 Boston 88						GP	W	L	OL	GF	GA	Pt					
Oklahoma City at Denver					Anaheim	1	1	0	0	7	3	2					
Saturday's results					San Jose	1	1	0	0	4	1	2					
Sacramento 97 Charlotte 93					Dallas	1	1	0	0	4	3	2					
San Antonio 98 Atlanta 93					Phoenix	1	0	1	0	3	4	0					
Memphis 85 Chicago 82 OT					Los Angeles	1	0	1	0	2	5	0					
Minnesota 92 Houston 79					Sunday's results												
Golden State 116 New Orleans 112					Buffalo 5 Philadelphia 2												
Utah 109 Cleveland 98					San Jose 4 Calgary 1												
Milwaukee 110 Portland 104					Pittsburgh 6 NY Rangers 3												
L.A. Clippers 94 Washington 87					Dallas at Minnesota												
Monday's games — All Times Eastern					Edmonton at Vancouver												
Indiana at Memphis, 1 p.m.					Chicago at Phoenix												
Sacramento at New Orleans, 1 p.m.					Monday's games — All Times Eastern												
Houston at Charlotte, 2 p.m.					Tampa Bay at NY Islanders, 1 p.m.												
Minnesota at Atlanta, 2 p.m.					Winnipeg at Boston, 1 p.m.												
Brooklyn at New York, 3:30 p.m.					St. Louis at Nashville, 6 p.m.												
L.A. Clippers at Golden State, 4 p.m.					Buffalo at Toronto, 7 p.m.												
San Antonio at Philadelphia, 7 p.m.					Florida at Ottawa, 7:30 p.m.												
L.A. Lakers at Chicago, 9:30 p.m.					Detroit at Columbus, 7:30 p.m.												
Washington at Portland, 10 p.m.					Anaheim at Calgary, 9 p.m.												
RAPTORS 108, LAKERS 103					L.A. Lakers (103)												
					Bryant 10-32 3-3 26, Gasol 10-15 5-6 25,												
					Nash 5-11 4-4 16, Clark 6-10 1-2 14, World												
					Peace 3-9 1-1 9, Jamison 2-6 0-0 5, Howard												
					1-3 3-4 5, Morris 1-1 0-0 2, Duhon 0-1 1-1 1.												
					Totals 38-88 18-21 103.												
					TORONTO (108)												
					Calderon 9-15 3-3 22, Fields 8-11 2-4 18,												
					Johnson 4-13 0-2 18, Anderson 5-9 3-1 24,												
					Davis 6-4 1-2 19, DeRozan 4-11 0-0 8,												
					Lowry 2-3 2-3 8, Gray 2-5 1-1 5, Ross 2-7												
					0-0 4, Acy 1-2 0-0 2. Totals 46-84 10-17 108.												
					L.A. Lakers												
					20	29	24	30	25 — 108								
					3-Point Goals—L.A. Lakers 9-27 (Bryant												
					3-12, World Peace 2-6, Jamison 1-4, Nash												
					2-3, Clark 1-1, Duhon 0-1). Toronto 6-20												
					(Anderson 3-7, Calderon 1-4, Ross 0-4),												
					Lowry 2-3, Fields 0-1, DeRozan 0-1).												
					Rebounds—L.A. Lakers 37 (Clark 14),												
					Jamison 5, Gasol 5, Bryant 4, World Peace												
					3, Duhon 2, Howard 2, Nash 1, Sacre 1).												
					Toronto 40 (Fields 10, Johnson 8, Davis 8, <th data-kind="ghost"></th> <th data-kind="ghost"></th> <th data-kind="ghost"></th> <th data-kind="ghost"></th>												
					Lowry 4, DeRozan 3, Calderon 2, Gray 2,												
					Anderson 2, Ross 1). Assists—L.A. Lakers												
					20 (Nash 9), Toronto 27 (Calderon 9).												
					Total Fouls—L.A. Lakers 15, Toronto 22.												
					Attendance—19,800 at Toronto. T—2:15												
GOLF					PGA — HUMANA CHALLENGE												
					At La Quinta, Calif.												
					Par 72												
					Final round												
					Brian Gay, \$1,008,000	67-66-67-63—263											
					Charles Howell III, \$492,800	67-65-67-64—263											
					David Lingmerth, \$492,800	68-64-69-62—263											
					James Hahn, \$246,400	63-67-72-62—264											
					Scott Stallings, \$246,400	66-65-63-70—264											
					Also:												
					Stephen Ames, \$22,400	67-68-68-68—271											
					Brad Fritsch, \$11,424	69-65-71-70—275											
					Graham DeLaet, \$11,424	71-70-65-69—275											
NFL					CONFERENCE CHAMPIONSHIPS												
					Sunday's results												
					NFC — San Francisco 28 Atlanta 24												
					AFC — Baltimore 28 New England 13												
SUPER BOWL XLVII																	
					Sunday, Feb. 3 — All Times Eastern												
					At New Orleans, La.												
					Baltimore vs. San Francisco, 6 p.m.												



Horoscopes

Aries

March 21 - April 20

Something you desire will be offered to you either today or tomorrow but for some strange reason you will be reluctant to take it. Maybe deep down you don't think you have earned it. What can you do to change that?

Taurus

April 21 - May 21

Your confidence will receive a boost today but don't go to extremes and start believing that you can do no wrong. On the work front, especially, you still need to be cautious. Don't give your rivals an opportunity to pounce.

Gemini

May 22 - June 21

There may be no such thing as the perfect day but with the Sun now moving through your fellow Air sign of Aquarius this one will come close. Good things will come to you if you let them. Believe you deserve it.

Cancer

June 22 - July 23

Your no-nonsense approach will cut through other people's doubts and lay bare the facts of a situation that has been causing mayhem. Once you know what is wrong you can start looking for ways to put it right.

Leo

July 24 - Aug. 23

There is something that you really want, something that you have desired for as long as you can remember – and that something is now yours for the asking. Looking back you will wonder why it took so long.

Virgo

Aug. 24 - Sept. 23

It may seem as if the world is out to get you but it isn't true. Neptune in Pisces makes certain issues seem more important than they actually are. The only things that really matter are the things that make you smile.

Libra

Sept. 24 - Oct. 23

You will be at your best over the next 24 hours but take care you don't come across as too domineering as that could cause unnecessary friction. Libra is the sign of relationships, so stay on good terms with everyone.

Scorpio

Oct. 24 - Nov. 22

Some of your current insights may owe more to wishful thinking than to genuine intuition but is that such a bad thing? No matter how way-out your vision may be if you can imagine it you can also create it.

Sagittarius

Nov. 23 - Dec. 21

You may have to give up a certain amount of independence this coming week. You may have to let friends and family guide you in the right direction. Is that so hard? If it's the right direction you should be grateful.

Capricorn

Dec. 22 - Jan. 20

Something will come so easy to you today that you might think there is some sort of catch. And chances are you are right – there is. Neptune's influence means you cannot take anything for granted.

Aquarius

Jan. 21 - Feb. 19

The Sun is now moving through your birth sign, which is great, but it does not mean you have to do everything in a rush. Spend some time today identifying your desires and drawing up your plans.

Pisces

Feb. 20 - March 20

You are in one of your secretive moods at the moment and anyone who tries to find out what you are up to will be told to mind their own business. Quite right. The less others know the better it will be for you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- "Mr. Holland's ___" (1995)
- Son of Atticus in To Kill a Mockingbird
- CBC series, "___ Air"
- Ontario folk festival since 1961
- Followed a recipe
- Robert Redford's film festival
- Kitchen outfits
- ___ Marie Presley
- It means 'the same' in Latin
- Dermatology tool
- Throw the football
- Loonies
- ___ mode
- Mr. Lugosi
- "Time in a Bottle" by Jim ___
- Switch sort
- Newfoundland and ___
- Barenaked Ladies tune: 4 wds.
- ___ National Park, BC
- Real
- Rock drill
- Jackie Wilson's "___ Petite"
- 'Start With Trust' is this org.'s slogan
- Glide
- Un-evens
- Clint Eastwood's "Rawhide" role, Rowdy ___
- Unruly crowds
- Zen riddle
- Puccini opera, ___ Butterfly
- Canadian puppets, Casey and

- Sister of Moses
- Distinction
- Curved stone bench in ancient times
- Decay
- Type of tape

Down

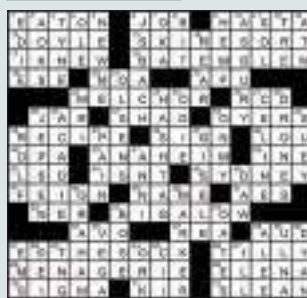
- Animal syllables
- "Heart and Soul" by T' ___
- Vase
- Sashay
- Stewart and Lovitz
- "The Great ___" (1963)
- Ms. West



- Mil. schools
- Climber's need
- RCAC search & rescue helicopter, CH-149 ___
- Boxing stat.
- "Canada AM" co-host, Marci ___
- Li'l music keepers
- Match
- Singer/actor Chris
- Chap
- Will Smith movie
- Bon Jovi guitarist Richie
- Mixed, as metals
- "Don't Speak" group: 2 wds.
- Green
- Sun. message
- Welsh opera singer Mr. Terfel
- Dundee's fave reptile
- Lovely Rita's gig: 2 wds.
- 911-calling reason, for short
- "The Love ___"
- NFL units
- PC information units
- Tic-Tac-Toe win
- Pres. Lincoln
- Weight loss losses, commonly
- Edmonton football player
- President Barack ___
- Canadian writer Mr. Martel
- ___-to-know basis

- Mr. Sharif
- "Don't bet ___!": 2 wds.
- Montreal Mrs.
- ___-en-Provence, France
- Music Dr.
- Iron: French
- Wilbebeest
- Leafs arena, commonly
- Goaltender's defence area 63, 1987 to 1994 'Star Trek' series, to fans
- Mork's planet
- Nero's 102
- ___-advised

Friday's Crossword

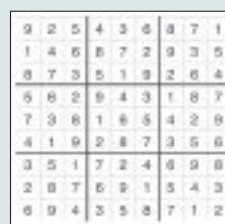


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -22°
MIN: -29°

TUESDAY



MAX: -21°
MIN: -24°

WEDNESDAY



MAX: -24°
MIN: -29°



JENNA KHAN
WEATHER SPECIALIST

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